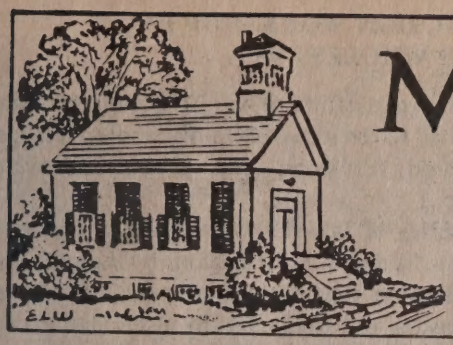
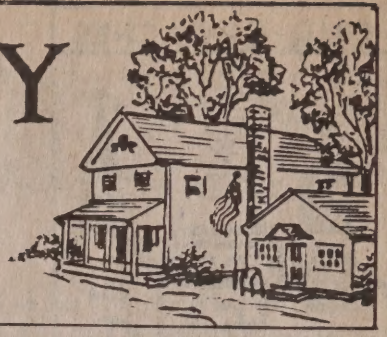


MONTEREY NEWS



OCTOBER 1983

MONTEREY'S TREASURER RESIGNS

Storrs Olds, newly elected treasurer, submitted his resignation to the selectmen at their meeting on September 12. He explained that his full-time job at Gould Farm as well as personal responsibilities require that he give up the treasurer's job. Barbara Gauthier, former Town treasurer, has been appointed to do the job temporarily.

WORK BEGINS ON NEW TOWN GARAGE

The foundation has been dug and cement is being poured for Monterey's new Town Garage. Town officials were disappointed to discover that the 6 or 7% interest rates they had hoped for are not now available, but a decision was made to get a $100,000 loan from Lee National Bank at a rate of 9.25%. This interest rate, about 3% lower than other rates quoted to the Town, was obtained when the Town agreed to put its stabilization fund in Lee National.

MONTEREY ARTS COUNCIL RECENTLY CREATED

The selectmen appointed members to a town Arts Council, which is given the task of finding or creating worthwhile projects related to the arts. The projects might include scholarships to deserving art students, funding work by individual artists, or financing a show or a performance by a local artist. Money is available for these projects out of the Massachusetts Arts Lottery, which distributes funds semi-annually to towns which have appointed an Arts Council. Officers of Monterey's Council are as follows: chairman, Leonard Weber; co-chairman, Frank D'Amato; treasurer, Pat Andrus; secretary, Michael Marcus; members, Zoltan Zantay, Lois Ryder, Peter Murkett and Virginia Caesario.

PLANNING BOARD INVITES OTHER BOARDS TO DISCUSS ZONING BY-LAWS

On September 8 members of the Monterey Planning Board, Board of Appeals, Conservation Commission, Board of Assessors and Board of Selectmen met to discuss points related to the newly revised Zoning By-Laws and other problems. Many issues, large and small, were raised. Definitions were requested for docks and decks, parcels and lots, and "road frontage roads." A question was raised as to who enforces nonregulatory board decisions (example: the Planning Board writes by-laws, the Board of Appeals interprets by-laws, and the building inspector enforces the decision). The Eternal Question, "What is a kitchen?" arose and sank back, unanswered. There were a few suggestions for clarification of wording in the revised by-laws. Many items were noted by members of various boards for further consideration. It was a useful meeting and will facilitate further communications as well as the interdependent systems in town. The *Monterey News* in the person of its editor offered to write up a reasonably clear description of the function of town boards relative to buying and/or improving property in Monterey for the use of people in town who don't know what permit to get when, or *why*. Praise was offered to all members of the Planning Board for their diligent work on the by-law revisions.

SOVIET STUDENT VISIT DELAYED

Word has been received by cable from Moscow's Thorez Institute that ten exchange students have been delayed in their departure for the U. S. A. The students were to start their studies on September 8 in Albany, and a welcome was arranged for the community supper in the church social room on Wednesday evening, September 28. This would be the fifth group of Soviet students to be welcomed in Monterey in recent years.

Dr. Alexander Shane, director of the International Student Exchange Program at the State University of New York in Albany (SUNY), tells us that the American students from SUNY who participate in the State Department program are already studying at the Thorez Institute. He also informs us that the Soviet students are expected to arrive some time early in November, when the 60-day Canadian travel ban on Soviet Aeroflot planes is lifted. A program of studies is being kept open for the Soviet students—a program that is sponsored by the U. S. State Department.

Dr. Shane points out that there is little chance of the Soviet government spending the much higher cost required to send the students via some European airlines, especially because the foreign money needed to finance such a trip is needed by the Soviets to trade with Western nations. (Soviet rubles are worthless here—their money is not recognized in any "western" countries).

Monterey residents and friends will be kept informed of developments via this newspaper (*Monterey News*) and the town bulletin board at the General Store.

LAKE DRAWDOWN

The yearly drawdown of Lake Garfield will begin on Friday, October 14, 1983. The gate will be opened in stages and will be completely open about October 30, 1983.

It is planned to close the gate again on Monday, February 13, 1984. However, the gate will be closed earlier if there is a big flaw with threat of flooding.

CATHOLIC CHURCHES

Masses Schedule

Our Lady of the Valley, Sheffield
Saturday, 5:30 p.m.
Sunday, 7:30 and 10:30 a.m.
Immaculate Conception, Mill River
Sunday, 10:00 a.m.

UNITED CHURCH OF CHRIST

Worship and Regular Meetings

Church School, Sunday at 10:30 during morning worship. Morning worship each Sunday at 10:30 a.m. with childcare at same time in the Social Room. Choir rehearsal, Tuesdays, 7:00 p.m., at the Church. Meditation and prayer, 7:30 a.m., in the Social Room. All are invited. Prayer group, Thursdays, 7:45 p.m., at the home of Lucy Smith.

WORLD WIDE COMMUNION SUNDAY

World Wide Communion Sunday was observed on the traditional date, on the first Sunday in October. The occasion was highlighted this year by receiving the Neighbors in Need offering. The emphasis was on helping situations of need throughout our land, particularly those persons who are in a disadvantaged position.

WESTERN AREA PULPIT EXCHANGE

October 30 has been set as the day for the whole Western Area of the United Church of Christ to have a pulpit exchange. Dr. Brallier will be in the Agawam church and the Rev. Irving C. Cummings will be coming to Monterey from Springfield.

LADIES AID SOCIETY

We will start the season by meeting at Jean Stowell's on the second Thursday of October (the thirteenth). Alice Somers will tell us about her trip. Any woman of Monterey is welcome.

— Margery Janes

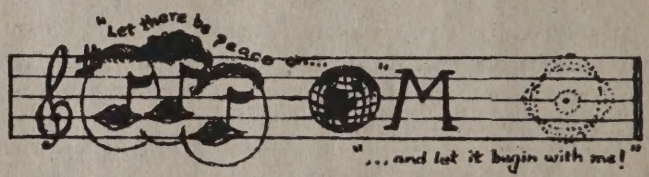
STRESS REDUCTION WORKSHOP BY GATEWAYS TO WHOLENESS

Gateways is an organization of counselors and health professionals dedicated to the idea of helping people of all ages to achieve body/mind wholeness and health improvement through self-care.

Beginning a series of fall and winter workshops will be "Stress Reduction," a day of presentations by the staff. In the words of the Gateways flier, "Many ailments and illnesses, ranging from tension and headaches to ulcers and arthritis, are caused by the stresses of modern-day living. There are many ways to help yourself reduce stress and its effects through knowledge and use of: Bio-Feedback, Herbs, Imagery, Exercise, Meditation, Nutrition and Massage. These methods will be demonstrated and discussed by the staff." The workshop is Saturday, October 8, from 10 a.m. to 5 p.m. The cost is $25.00 (students and senior citizens: $15.00).

In addition to self-help workshops, the Gateways staff offers individual and group counseling, depth psychology, massage therapy, guided imagery and music, foot reflexology, facial rejuvenation, nutrition and herbal consultation, Reiki, Bio-Feedback, spiritual counseling and healing. Gateways also serves as a referral source for traditional medicine, acupuncture, chiropractic and homeopathy.

Gateways practitioners are David Bach, M.S.; Judith Bach, B.S.; Virgil Brallier, Ph.D.; Marie Brallier; Ann Eggers, Ms.T.; David Lippman, M.D.; Lilian Papier, Ph.D.; Angie Sherrard, M.A.



"THE JOY OF SINGING" IN MONTEREY

For the last three years friends and colleagues of Joan Boyer have been suggesting that she present a group voice class. She has finally decided to heed their request and is offering a workshop with an emphasis on singing as a performing and healing art. The group will meet on six consecutive Saturdays in October and November.

Although the classes will largely be experiential, a short time each week will be used to introduce cognitive understanding of vocal cultivation as it relates to the major philosophies and psychologies of our time, including the ancient Vedas, the I Ching, the Navajo American Indian tradition, and the thoughts of Nicholas Roerich, Abraham Maslow and Roberto Assagioli. David McAllester has offered to come and teach part of a Navajo Sacred Healing Ceremony.

Joan is inviting singers and "nonsingers" alike to share in the process of befriending their voices and the exploration and enjoyment of this dynamic form of expression. She describes singing as "a powerful vibratory experience which, when done with purpose and conscious intent, is an integrating force for the entire being."

The cost of the workshop is $36.00. For more information, call Joan at (413) 528-0028.

AN EXERCISE IN VISION: What Do You See First?

A person of sensitivity cried out, "Why am I so keen on seeing the dark side of things?" He said that his eyes—or was it his mind—was like a steel trap, triggered by the negative side of almost everything. Slowly and painfully he was learning that there are bright sides to dark-appearing situations. But how difficult it was for him not to first plow his way through hosts of dark, negative things before he could discover there even was another side.

This is not his dilemma alone. How common is this malady among us all! How quick most of us are to see the dangers in a situation before we discover its opportunities. How slow we are in discovering value in a situation that started by looking and feeling negative.

It has been said, "There is no time that is not a good time, if only we know what to do with it." Is that straight from Pollyanna? Not at all. There is a negative and positive side in practically all situations. How few are the situations that we can call "good" with no qualifications. Here is a person with everything going his way. Success follows success. Is that all good? Not usually. There is likely a dark side in what is happening, but he may not see it until some rude shock strikes him further down the road. By his successes, he may be losing his sense of prudence and judgment. His inflated pride may be leading to a fall.

Most of us are not in danger of ignoring the dark side of our experiences. We are more in danger of being so impressed with the negative that we fail to see anything of value in the situation. Finding the sunshine on a rainy day calls for persistence. Seeing anything redeeming in a personal tragedy is often beyond our comprehension. Yet there is solid evidence that many persons do eventually discover how to find the bright side of a dark happening. One of my favorite stories is of Glenn Cunningham. Very seriously burned as a boy, his doctor never expected him to walk again. Yet something infinitely wonderful was released in Cunningham by this cruel act of fate. In time he learned how to stand behind a chair and push himself about in the kitchen. Years later he supported himself behind a walking plow pulled by a horse. Shortening a long account of a long arduous struggle, Glenn Cunningham eventually became the fastest man to run the mile up to his time.

The whole point of this narrative is missed if we fail to see that it is highly unlikely Cunningham would ever have developed into such a fast runner had he not suffered the bad fortune of being severely injured as a boy. There is often an indelible line running between the "bad" and the "good" that comes into our lives. Without having to overcome the bad side of life much of the hidden good would never come to light.

I do not propose to construct a philosophical system from this interrelatedness of the positive and the negative in life. Suffice it to say, none of us has ever found a battery without the positive and negative sides to it. This applies to a lot more than batteries. Rather than a comprehensive philosophy, however, let us simply pay attention to the agony of persons. People are not so much looking for a philosophy as they are simply trying to keep their heads above water. They are asking only to find a way to survive. They may be frightened out of their wits, fearful of some evil that has befallen them. They face blackness and despair imagining that is all there is. Yet before their unbelieving eyes, they may stumble over the other side of their suffering. Philosophically, it is one thing to say that the other side of darkness is light and that the other side of sadness is joy. But when we stumble upon this out of our experience it is quite a different thing.

We have not matured in our handling of human experience until we learn to start looking for the other side of the tragic and hurtful things that come to us. We start by refusing to believe there can be another side. We feel so victimized by the negative that we tend to wallow in it.

When some people try to state their belief in God it often revolves around this two-sidedness that keeps appearing in our lives. To learn how to see and start acting on the light when to all appearances everything seems dark is an amazing feat. It is not strange that some people find it helpful to describe this as the action of God. Yet would it not also be accurate to say simply, this is the nature of life?

— Virgil V. Brallier, Minister
Monterey United Church of Christ

INDIAN SUMMER

I sat beside a mountain stream
That fell to a pool below;
(The yellow leaves reflected there
Had turned the water gold)
With purple asters growing near,
Their little heads held high;
And across the valley on another hill
A church spire touched the sky.
I lingered, truly awe-inspired
So tranquil was the scene.
Indian Summer had cast her spell
In a day just meant to dream.

— Eleanor Kimberley

2 GHOSTS AND WARM CUP OF TEA

HALLOWEEN PARTY FOR KIDS 5 and under. SATURDAY, OCTOBER 29th 2:00-3:30 PM Umpachene Grange - Hartsville.

HAYRIDE FOR OLDER KIDS 7:00 PM Oct 29 MONTEREY TOWN CENTER - SPONSORED by MONTEREY POLICE DEPT - CIDER and DOUGHNUTS AFTERWARD.

MONTEREY PLAY GROUP

The Monterey play group, which had been meeting on Wednesday mornings at Gould Farm, has moved to the elementary school in Mill River, to combine with Claudette Callahan's play group there. The group meets every Thursday morning from 9:30 to 11:30 a.m., and at present every age from three weeks to five years is represented—a great opportunity to introduce your child to new friends and new toys and new activities. The school playground is available and is used each week, weather permitting. For information, call Claudette Callahan, 229-7771; Leslie Scutellaro, 528-9244; or Eileen Clawson, 528-4835.

KID'S TALK

Why were you so fat?
I wanted to be I guess.
D'you wanna be fat,
like a galumpy balloon?
No way !

— Steve Maye

QUILT WINNER

The second annual Monterey Quilt was won by Roger Tryon of Monterey. The raffle raised $791.00 for the benefit of National Public Radio stations WAMC (90.3 FM, Albany) and WFCR (88.5 FM, Amherst), noncommercial, listener-supported radio.

We'd like to thank everyone who bought a ticket or two (or ten) and made our fund-raising effort such a success. Better luck next year.

Roger Tryon and his prize quilt

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LARRY BATES
CHIMNEY SWEEP

(413) 528-2512
9 AM - 1 PM
AFTER 5 PM

Everyone in Monterey is invited and urged to attend Open House at Gould Farm on Sunday afternoon, October 9, from 2 to 5 p.m. This is in celebration of the founding of the Farm in the autumn of 1913, seventy years ago. Gould Farm is the oldest "halfway house" in this country. We are glad of a chance to review our beginnings and look forward to our future.

On the ninth from 2 to 3 p.m. we shall have walks and drives around the farm. From 3 to 4:15 there wil be a panel discussion led by Dr. Robert Patterson of Lexington, Massachusetts, and Dr. Neil Luberoff of Newton, director of Gould Farm's Boston programs. Kent Smith, executive director, will preside. Refreshments will follow, and exhibits of farm activities. We hope many people will come.

— Rose McKee

MONTEREY GRANGE NEWS

Monterey Grange #291 met September 7 when, at an open meeting, Richard West, a member of the State Youth Committee, and Suite installed the officers for 1983-84. Brother West also presented the Community Citizen's Award to Sheldon Fenn. Seventy members, nonmembers and visitors from Williamsburg, Chesterfield, Pittsfield 14, Sheffield, Umpachene, Great Barrington and Sandisfield were present for the activities. A program of skits, readings, and accordion solos by Marion Smith of Alford was enjoyed by all.

The grange will have an exhibit at the Great Barrington Fair.

Monterey Grange #291 met September 21. The theme of the program was "Grandparents can be fun."

On September 9 the lecturer, with members from Great Barrington, West Stockbridge and Monterey Granges furnished the program at the Canaan, New York, Grange.

The next meeting will be October 5 and will be the annual "Young at Heart Night," with "spooky" doings.

The Grange entered the State Poster Contest.

Lecturer Mary Wallace and Past Master John Lossin will be delegates to the State Convention in October at Plymouth, Massachusetts.

Sheldon Fenn receiving the Monterey Grange Community Citizen Award from Installing Master Richard West

SHELDON FENN RECEIVES MONTEREY GRANGE COMMUNITY CITIZEN AWARD

On September 7 the Monterey Grange awarded its 1983 Community Citizen Award to Sheldon Fenn. The award is given each year to a citizen (or a group) to recognize achievements in and service to the community, especially in the areas of agriculture, family life, conservation, education, safety, and co-operative and supportive personal relationships. It is a program encouraged by the National Grange, and the Certificate of the Award was signed by officers of the National Grange.

Letters from well wishers were read during the presentation as well as some of Shel's own poetry. Sheldon spoke of his experiences during his younger days in school and at the Great Barrington Fair. Ray Ward read the Master's introduction, which included the following information about Shel's life:

"Sheldon E. Fenn has owned and operated Woodburn Farm on lower Blue Hill Road since 1950, but his farm experience began long before that. When there were local receiving stations he trucked milk to Great Barrington, and he has collected refuse in the Lake Buel area and is now serving the third generation of people living there. In 1955 he was recognized by the American Tree Farm System, and is still a member.

"On a bracelet worn by his wife, Beatrice, are 30 charms, each one bearing the name and recalling the memories of the Woodburn Farm boys who have worked there each summer. Although they are scattered far and wide, some come back to visit as they are able, and many keep in touch. For them it was an inspiration and a satisfaction to work on the farm in close relationship with Bea and Shel.

"While it is said that 'a farmer's work is never done,' nevertheless Shel found time to be an Assessor in Monterey for 39 years. He has also served on the Planning Board, and was the first chairman of the Conservation Commission when it was established.

"He has served on school building committees for the Town and for the Southern Berkshire Regional School District. He has been Inspector of Animals since 1948, and recently en-

Continued next page

tered upon his third term on the Finance Committee where his sound judgment and long experience in town affairs make him a valued member.

"Shel reads extensively and is a steady patron of the Monterey Library. He has a special interest in local history and is a member of the Monterey Historical Society. The Regional School has a project of introducing 7th and 8th graders to the history of each of the five towns in the District. Three years ago Shel was asked to recount to them the history of Monterey. The tape made at that time has become a standard curriculum item in that history project.

"He comes from a Grange family, for his mother was a charter member and the first Secretary of the Otis Grange, and he was a member of Monterey Grange until cares in the family made regular attendance impossible.

"His literary interests are not confined to reading and oral history, for many of his personal experiences with the farm are recorded in a collection of poems that he has written.

"It is in recognition of a life work in agriculture, and high values in farm and family life shared wtih the many Woodburn Farm boys; in appreciation of a lively interest in history as we live it; and in gratitude for service above self in participation in the administration of town affairs, that Monterey Grange Number 291 gives this Community Citizen Award to Sheldon E. Fenn."

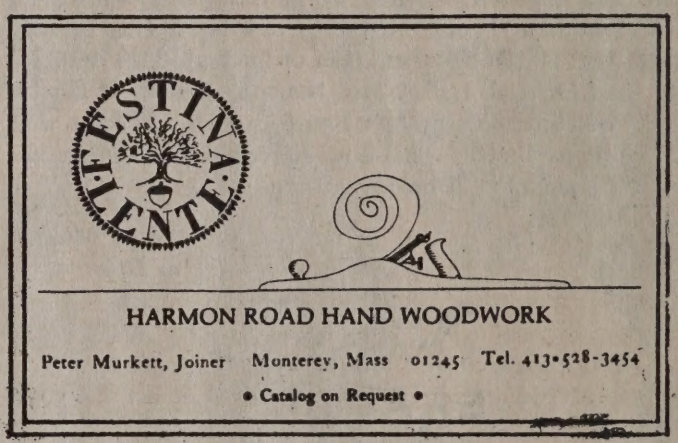
It was further noted that Sheldon Fenn's father, Edward Fenn, was Master of Monterey Grange in 1929.

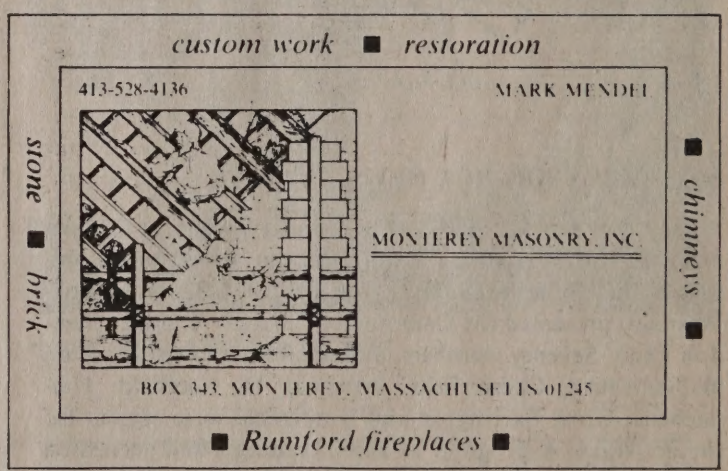
MONTERREY LIBRARY NOTES

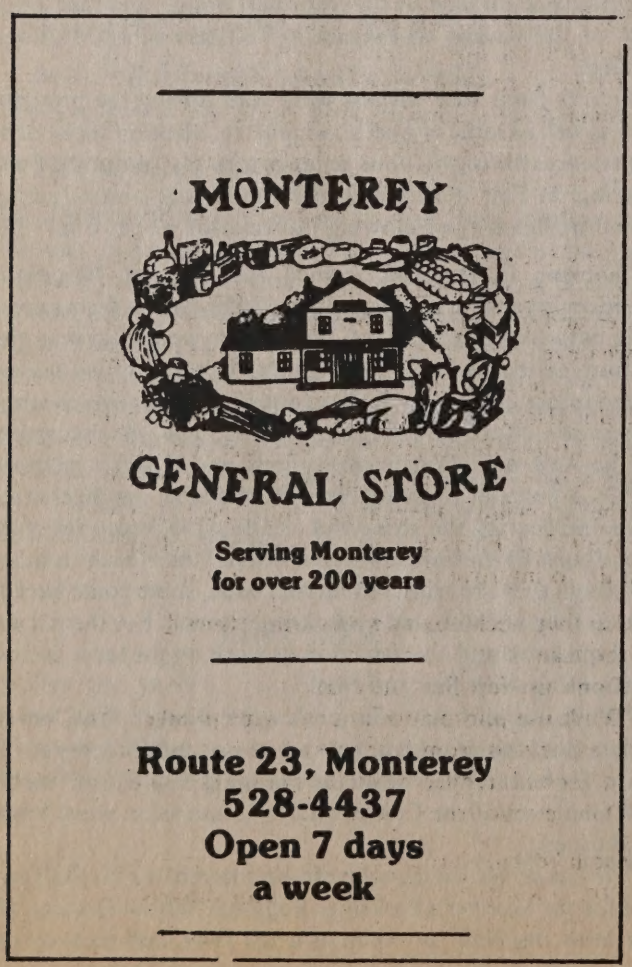
Patrons of the library, please take note. The Trustees would like to see a Friends of the Library organization formed. Anyone wishing to help get this idea off the ground is invited to call either Anne Makuc during library hours (528-3795) or Debbie Mielke evenings (528-0864). We urge both full- and part-time residents to call.

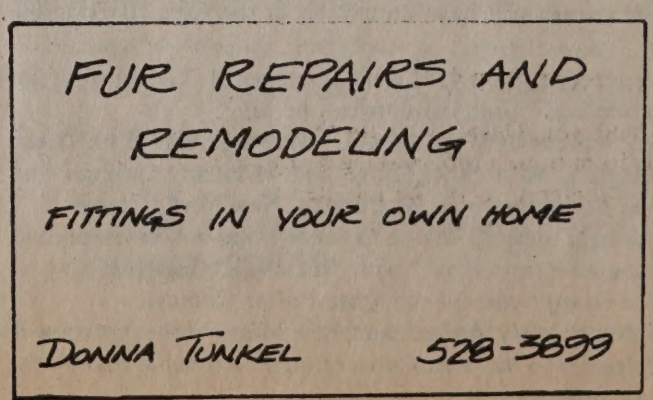
Another successful book and bake sale is now history. We would like to take this opportunity to thank Mr. and Mrs. Roy Hepp for all their many hours of hard work alphabetizing and categorizing the books. Thanks go to the Trustees and friends who helped run the sale. And a special thank you to everyone who contributed all those wonderful baked goods.

The library has the following items to be given away: Screens, two 54½" x 34", one 32¾" x 13", one 32⅝" x 13", one 70¾" x 34½". Please call during library hours or Debbie Mielke evenings, 528-0864.









FLY'S SCREEN

PARK COMMISSION PATTER

The beach is winding down—lifeguard gone—park attendant gone—our seasonal residents back to school. We were pleased so many turned out to enjoy the sunning and swimming. Hopefully it will continue to improve—control of growing crowds, more beach area and sand, and someday a raft—and dock with diving board—all long-range plans.

We are repeatedly prodded to have Town tennis courts, by the growing number of enthusiasts. Why not? Anyone interested in helping a committee investigate the answer, contact us! Anything is possible! Why, there used to a lovely active golf course and clubhouse in town.

We are excited about the quilting ladies choosing *us* as recipients of their profits from the next quilt, to be put toward playground equipment at Greene Park. They will be involved in choosing and installing it all, too.

We received our first donation for use of the Park from Bonner McAllester and Joe Baker for their Konkadance, and we thank them, although their was not a profit-making venture. This year we requested donations from all profit-making uses of the Park.

Notice the protective mats at the foot of the slide. It was an experiment to see if it would deter bruises, and it seems to be working out well.

Are there many cross-country skiers in town? Let us know and maybe you can get together and utilize old skimobile trails for ski trails.

Enjoy the fall foliage!

PARK PATTER P.S.

Thank you, David Bach, for the check representing donations from those profit-making booths at Greene Park on "I Love Monterey" Day. We initiated the policy this year and appreciate your cooperation.

— Fran, Debbie and Steve

MINUTES OF THE LAKE GARFIELD ASSOCIATION MEETING

On September 3, 1983, a meeting of the Lake Garfield Association was held at the dam site on Beartown Road. About forty people were present.

David McAllester, head of the Mosquito Control Committee, gave a detailed report on the problems his committee had investigated. Of all the pesticides in use it is felt that malathion, if used properly, is the most effective. After a certain time insects build up a resistance to the pesticide in use. A petition was started to ask that spraying be resumed. Half the cost would be paid for by the state.

Peter Vallianos, chairman of the Weed Control Committee, reported on a meeting which he and Hans Kessler, selectman, had with a representative of the Petricca Engineering Company. It was estimated that the cost of digging a 3' deep by 4' wide channel between the small and large lake would be approximately $10,000 to $15,000. This would permit the entire lake to be lowered to about eight feet.

Owen Bernstein read a letter to be sent to property owners in Monterey regarding the seriousness of the weed problem, asking for a minimum donation of $100 from each household.

Funds will be asked of Monterey but the meeting will not be held until May and the funds from private individuals would be used immediately. State funds will be solicited at a later date.

A motion was passed to send the letter and to reimburse Allen Green for the $118 he spent to purchase mailing lists and labels from a bank.

It was voted to increase the membership dues of the Lake Garfield Association to $10.00 per year.

Respectfully submitted,

Sherrie Colodny, Secretary

Many attending saw the dam and the gatehouse for the first time. Seeing it all makes the procedure of lowering the lake better understood. It is a beautiful location for get-togethers —whatever they may be. Evenings often find deer coming to drink in Brewer Pond, or beavers preening on a log as a kitten will do; also ducks are frequent visitors—not to mention our old and many friends, the Canada geese. A huge congregation of geese were recently seen making one last stop here in town.

The following is a repeat of an info sheet of the Association from 1977 of things that individual land and lakefront owners can do to improve our lake and deter weed growth.

1. Remove deciduous (leaf-bearing) trees from the edge of the lake.
2. Don't use fertilizer near lake.
3. Don't use phosphates in any soaps in lake area.
4. Clean weeds from lake whenever possible.
5. In general, reduce nutrients going into lake.
6. Dredge mud from shore areas.

The lake will start its drawdown on October 14, when the selectmen will open the gates. Time for shovels and rakes and clean-up on the beaches.

GATEWAYS
TO WHOLENESS
Counseling and Resource Center

HEALTH IMPROVEMENT THROUGH SELF-CARE
FALL WORKSHOP SCHEDULE

STRESS REDUCTION

A Day of Presentations by the Staff.

Many ailments and illnesses, ranging from tension and headaches to ulcers and arthritis, are caused by the stresses of modern-day living. There are many ways to help yourself reduce stress and its effects through knowledge and the use of: Bio-Feedback, Herbs, Imagery, Exercise, Meditation, Nutrition and Massage. These methods will be demonstrated and discussed by the staff on

Saturday, October 8, 10 AM to 5 PM Cost $25.00

ADVENTURES IN ATTITUDES

A workshop held on two consecutive weekends presented by Virgil Brallier, Ph.D. This workshop will stimulate inner direction, releasing forces that make one effective and productive. We will bring into focus effective communication, attitude formation, leadership development and motivation. 30 hours of learning that can change your life.

Friday evening, Saturday and Sunday, November 4-6 and 11-13 $180.00

MASSAGE

A one-day workshop presented by Ann Eggers, Ms.T. A day of learning how to bring healing to your family and friends. Massage is a tool at your fingertips to relieve muscular tension and general stress and promote well being. In this experiential workshop we will concentrate on neck, shoulders and back. Bring two large towels. Massage oil provided.

Saturday, December 3, 10 AM to 5 PM Cost $25.00

TO RESERVE YOUR SPACE FOR ANY OF THE ABOVE WORKSHOPS
CALL 528-3974
Bring a bag lunch. Beverages provided.

Gateways is an organization of counselors and health professionals dedicated to the idea of helping people of all ages to achieve body/mind wholeness and health improvement through self-care.

David Bach, M.S.; Judith Bach, B.S.; Virgil Brallier, Ph.D.
Marie Brallier; Ann Eggers, Ms.T.; David Lippman, M.D.
Lilian Papier, Ph.D.; Angie Sherrard, M.A.

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JULIUS MINER'S WALKS AROUND MONTEREY

Here is the second of a series of Julius Miner's Walks Around Town. We noted in the first walk (Great Barrington Road—now Route 23) that a few points could have stood clarification. One thing we can't explain is how Margot Peet's house jumped across the road. We can tell you that the public park mentioned in Walk #1 is called the "School Forest" and that Art Hastedt was among the little children who planted it. The row of trees set out in competition for the Housatonic Agricultural Society is that graceful row of ash trees, approaching the town line.

From now on with the help of our plentiful town historians we will annotate future walks to make them more available to present-day readers.

The October walk is down behind the library, along the Konkapot. It is worth going as far as the second dam, an example of fine stonework, much of which is still standing. You can spot cellar holes and mill foundations all along the bank on the library and Brookbend side of the river. Try it; it's great down there.

Library Park

At the dam, back of the Library, was once a sawmill with an up and down saw. If you would see more of the logs thus sawed, look under the rear of the Langdon Store. Notice the beams. In the store you may see the calipers used in scaling the logs. The jaws are five feet long.

The mill yard was where the Library now stands. Often complaints arose from the huge logs rolling too far out into the highway. Next down the stream was a large building where were made cloth, woolen blankets, felt hats and fellies. The wool was brought from local farms, in burlap or large sheets pinned together by thorns from the thorn apple trees which grow about the town in such abundance. Metal pins were altogether too expensive for such use in those days.

What a burden rolled from the shoulders of the good housewives when it became possible to take to the mill the wool which they had previously washed and carded and dyed and woven at home! The home method was to soak the wool and keep the tub in the cupboard under the brick oven so that it would not freeze. Soon, the ammonia smell would permeate and saturate the whole house. Every few days one must wring out the wool and if it were not perfectly clean, repeat the process.

At the mill, the same process was employed on a larger scale. Thus ended weaving at home. After the mill closed, a cider mill was started. The children of the town watched the entire process with great interest. Apples bobbed about in the hopper, the great screws were turned down on the press and the delectable drink poured forth.

Every local child was welcome to all the sweet cider he could drink and many filled their bottles on the way to school. This annoyed the teacher greatly but they compromised by requiring that the bottles be kept on the window sills.

The next cellar site is that of a house in which some of the mill workmen lived. This ends the Library Park trip.

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CAROL LEWIS

Dan Andrus, approaching the curve

FIRE COMPANY NEWS

The entry on the Daoist Book of Days for Labor Day in 1983 reads, in part: "In travelling downhill it is easier and safer to walk, but difficult and dangerous to run."

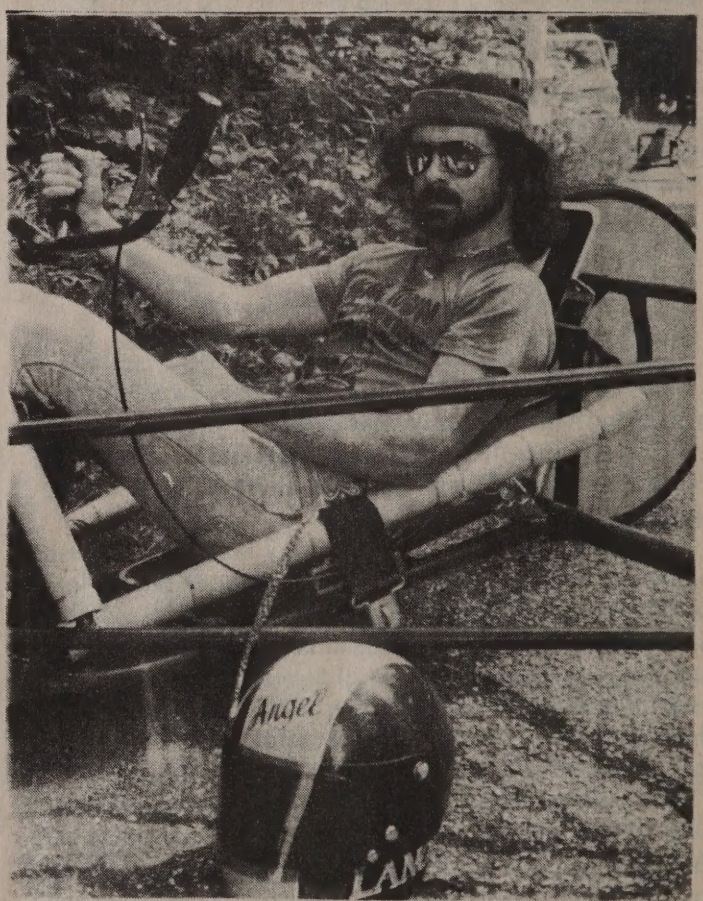
At the end of summer, the year begins its long even downhill run to winter. Prudent townspeople start thinking about the firewood supply, antifreeze, storm windows and such. A few reckless souls mark the transition another way. They quickly consolidate a whole year's worth of casual plans and idle boasting, and come up with a machine called a gravity car. Some have two wheels, others three or four; some have brakes, others don't; they all freewheel downhill fast, by gravity alone, and are steered through the final sharp turn near Rawson Brook on Wallace Hall Road by drivers that shutterbugs love: wild eyes, grinding teeth, thumping heart. If you can't see these details, what you can see leaves the imagination well fed.

It's become a yearly ritual. Some walk downhill to watch as others ride down at a run, entertaining. Warren Thompson contributed this year's major innovation, an electronic digital timer that ticked off seconds, tenths and hundredths in red on a black box at the finish line. Race results as follows: First place to Dan Andrus with a time of 0:55.94; second to Art Hebert, 0:56.24; third to Bill Russell, 0:56.68. Dan and Art, both on the DAT Racing Team, rode gently and evenly through the final turn after covering most of the course in record time. Bill Russell, the only driver who can claim to have run his original four-wheeled ash-frame car in all nine of the Labor Day weekend races, raised a real gravel rooster tail sliding through the turn in classic racing style. The extremely close winning times logged by racers of such different styles driving vehicles of very different design confirm again that the course is always tricky and the race a challenge, for all the changes it has seen over the years.

We're grateful to the Ambulance Squad for standing by, and we're glad that racers were skilled and spectators cautious —the squad had only to watch and enjoy the race. Thanks too to Jane and Gordon Bowles, who accept with good grace the one-day crowd on that corner of their woodland, which is otherwise left to the birds, deer, turkeys, chipmunks, beaver, raccoons, foxes, and others living in the neighborhood who neither pay taxes nor demand fire protection. We hope you will all continue to enjoy the race and respect the place, leaving it as much the way you found it as possible.

So exercise your mechanical sense. There's a whole year ahead now to perfect your plan, and next year's Tenth Annual to show you what it's worth.

— Peter Murkett



Lanny Lanoue, Gravity Car Race Winner for the preceding two years

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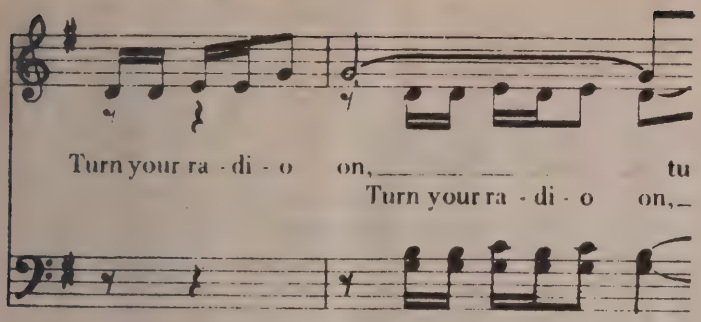
LOCAL LORE



THE RADIOPHILE

Wry, witty and whimsical is the spirit of "A Prairie Home Companion," a live variety show broadcast on Saturday night from 6 p.m. to 8 p.m. on both WAMC (90.3 FM) and WFCR (88.5 FM), our local public radio stations. There's a lot of good live music of a down-home nature, as well as popular songs of the earlier half of the century played and sung by the current house band, the Butch Thompson Trio. (In fact, my daughter's name was inspired by a rendition of "Dinah" sung by the group's drummer Red Maddox, a gravelly-voiced grandfather who sings with obvious pleasure.

Garrison Kielor, the host of the show, has created a mythical hometown, Lake Wobegon, whose businesses sponsor the show—Ralph's Pretty Good Grocery ("If they don't have it at Ralph's, you can probably get along without it."), Bob's Bank ("Save at the Sign of the Sock"), The Chatterbox Cafe ("The place to go that's just like home, if you were brought up that way"), and the famous Powdermilk Biscuits (". . . in the big blue box, gives shy persons the strength to get up and do what needs to be done").

Every week he reports the news from town in a monologue that begins, "Well, it's been a quiet week in Lake Wobegon . . . ." He acknowledges his expatriate status and gets his information from the switchboard operator, who lets him know that she resents his voyeurism, as does Jack of Jack's Auto Repair, one of the sponsors.

I could go on detailing nuances of humor, but I'm not a humorist, and you have to be there.

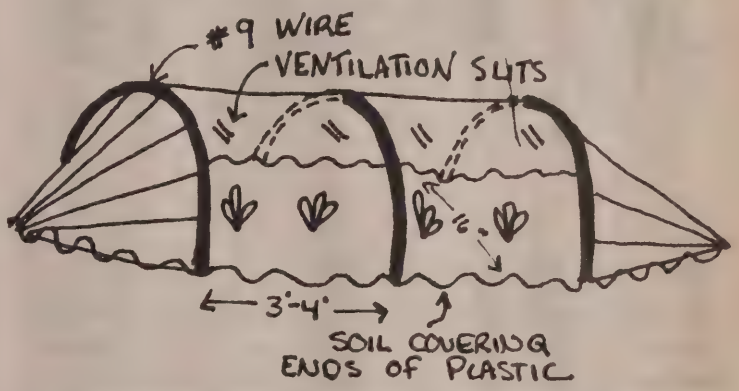
He also reads messages, anniversary and birthday wishes, birth and wedding announcements. Last week he read a message to a couple in the audience informing them that they were about to become grandparents!

"A Prairie Home Companion" is a great show. I know people in Monterey who do not socialize on Saturday nights between 6 p.m. and 8 p.m. so as not to miss it.

— Leslie Scutellaro

A SIMPLE SEASON EXTENDER

We have been using plastic tunnels over our spring crops for a number of years and have found them to be very helpful in heating up the soil and keeping the plants warm on cold days. At first we just put tunnels over the heat-loving plants like tomatoes, zucchini, cucumbers, melons, peppers and eggplants. We found that they help a lot during the cool spring days but that they don't offer as much nighttime protection as we had hoped. The plants inside suffer damage at temperaturs of around 27°, so it is necessary to cover the tunnels with additional protection on very cold nights. Then we decided to see how the tunnels work on some of the more frost-hardy plants. Lettuce and broccoli love being under the plastic, and we don't need to worry about nighttime temperatures; the covering seems to give them all the protection they need. This fall we are trying the tunnels over young lettuce and spinach plants and are expecting to get good results. Here is how we construct our tunnels:



Wickets are made by bending four-foot-long pieces of #9 wire into a "U" shape. A shallow trench for burying the edges of the plastic covering is dug with a hoe on each side of the vegetable row about 16' apart. The wickets are then pushed into the ground in the trench about 8" deep. Place the wickets about three to four feet apart. A roll of three-foot-wide clear plastic is then stretched over the wickets; all edges are covered with the dirt that came out of the trenches. We use plastic that is six mils thick and find that it lasts for three to four years. You can buy plastic sheeting made especially for "polytunnels," but it is designed to be used only once. Vents need to be cut in the plastic so that the plants don't cook. A suitable vent consists of two slits side by side, 1" to 2" apart and 3" to 4" long. The vents should be placed on both sides of the tunnel near the top with one vent every 16 to 20 inches.

— Susan Sellew
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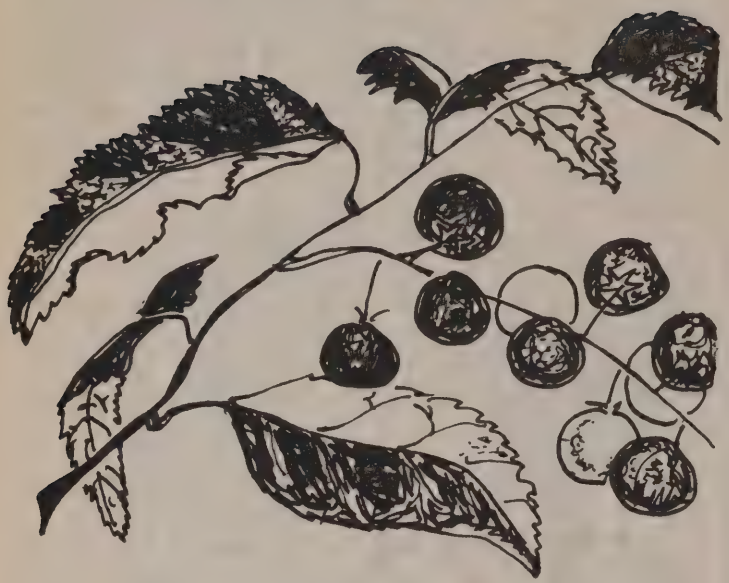

CHIPPIES AND RUM CHERRIES

First frost could come any night now. For the town mouse this means it's time to check the anti-freeze in the car radiator and to think about airing out the woolens. For the country mouse, it's harvest time. The freezer fills up; we scurry back and forth from garden to canning kettle. The work is hard and the weather still a bit too warm for all this action, but the jars lined up on the pantry shelf spell solid security for a New England winter. The other factor in the equation is a full woodshed: we'll be warm and we'll be well fed.

Of all the warm-blooded New Englanders bringing in the harvest, the busiest is the bright little eastern chipmunk or *Tamias striatus*. His first name means "steward" and his second "striped." He is the bold and perky sprite of stone walls and under porches, and this year he is especially busy putting up the bumper crop of wild cherries or rum cherries, the pea-sized fruits of the native black cherry trees.

One principal cherry tree in my life is one which grows 100 feet south of the house and a bit downhill of us. It is not a splendid specimen and its crooked trunk jags across what little view we have in the summer, when leaves close around us on all sides. Each year we weigh the cherry tree's chances, thinking of the empty woodshed and summer woods claustrophobia. But before wood-cutting comes harvest time, and that cherry suddenly turns into a chipmunk shopping center on a Friday afternoon. All day we hear little feet scrambling up and down the rough bark of the crooked tree. They go up empty and come down with their heads three times the normal size, their cheek pouches crammed with cherry pits. Their heads are so big they sometimes have to take them in sideways when they reach their little burrows, like a housewife getting in the door with a shopping bag on each hip.

Once inside, the chipmunk quickly empties her (or *his* among chipmunks, this job is shared) pouches into an under-

ground storage chamber and heads back out for more, as long as there is daylight and the weather is good. A careful gardener keeps records over the years and doesn't plant or put up more food than the family needs between harvest times. Lacking such a sense of history or projection, chipmunks keep packing away seeds and nuts until the first frosts send them to bed for the winter. If the frost is late, their provisions may far exceed their needs. Last spring while setting a fencepost I discovered a cache of about three quarts of oats, carefully selected from the mixed scratch feed we give our hens every morning. The chipmunk made it through the winter without those oats (and so did the hens).

The Seven Sleepers of the northeast woods are chipmunks, skunks, raccoons, bears, woodchucks, bats, and jumping mice. Of these, the only true hibernators are bats and woodchucks. The others hole up, slow down, and sleep a lot, but a January thaw will make them stir, and members of the same species living in warmer states may never hole up for winter at all. Chipmunks and jumping mice store food underground rather than putting on fat in the fall. They wake periodically and nibble on their stores underground, then curl up in a ball and sleep again.

The first day of spring is a personal moment and differs from one person to the next, one year to the next, one place to another. For me it often comes with a warm wind in March. My father usually feels it in February. The chipmunks are up before the summer birds return, and by mid-April they have begun the new generation. After a 32-day pregnancy, the female gives birth to four or five babies, naked, blind and helpless, like baby mice or hampsters. At four weeks their eyes open and they follow their mother from the burrow. By the end of June the young can take care of themselves. In some cases the adults will have another mid-summer mating season and a second family before fall. Often the chipmunks seem to disappear for about a month in the hottest part of summer. Sometimes they are busy underground with another family, but more often they are sleeping off the hot weather in a summer dormancy called "estivation." Chipmunks are gregarious and sociable and take their summer and winter-long naps in pairs or family groups.

Biologists love to count things. I have a friend who is a fisheries biologist and writes that he and a graduate student are determining how many clams make a bushel. Chipmunk biologists have counted everything to do with chipmunks, including the number of "chips" one will give off without pause. Ernest Thompson Seton refers to this chipping as the "song" of the chipmunk and once recorded a chipmunk in full song at 130 chips per minute for eleven minutes without stopping. Audubon counted 16 chinquapin nuts (small chestnuts) in a chipmunk's pouches, and Mr. Ira Sayles in 1870 watched a chipmunk cache a half-pint of buttercup seeds.

This year the chipmunks are making hay in the cherry trees and great numbers of cherry pits are piling up in secret places. One year these included our ski boots, stored in an outside shed. Seton would have counted each seed; we noted four boots' worth. What's in a cherry seed? I tried some today. The fruit is rich, bittersweet. The kernel inside the pit is pure clear almond, delicious and bright. These chippies will be having macaroon parties this winter while I am having my baked beans and buttercup squash.

— Bonner McAllester

LOCAL LORE (cont'd)

INDIAN NOTES

The New England "Hott House"

Scattered through New England and other parts of North America are stone chambers, usually underground. There are many theories as to their origin but some, at least, are known to have been used by the Indians as sudatories, or sweat houses. Several 17th and 18th century land deeds mention such chambers: ". . . neer to an Indian hott house" (1653); ". . . at a place called the Hot House . . ." (1730); ". . . where the Hot House brook Impties into the Pocatuck River . . ." (1745).

Roger Williams's Narragansett dictionary of 1643 gives the word for sweat house as "pesuponck." The term can be seen in many New England place names as Pattaquonck Hill, Pedaconk Hill, Pattaquansett, and Peteconsett Bottoms. Williams's *Key Into the Language of America* is also the first ethnography of American Indian life, and still one of the best. His description of a "hot house" was:

". . . a kind of little Cell or Cave, six or eight feet over, round, made on the side of a hill (Commonly used by some Rivulet or Brooke . . . exceedingly heated with store of wood, laid upon an heape of stones in the middle. When they had taken out the fire, the stones keep still a great heat; ten, twelve, twenty more or lesse enter at once starke naked . . . here do they sit around their hot stones an houre or more, taking tobacco, discoursing and sweating together . . . to cleanse their skins [and] to purge their bodies . . . from diseases. When they come forth (which is a matter of admiration) I have seen them runne (Summer and Winter) into the brookes to coole them, without the least hurt."

Though Indians in the Southwestern U. S., the Northwest Territory of Canada, and elsewhere still use the sudatory, and the Finnish sauna has become an adjunct of our own health and recreation, the early Indians in New England seem to have given up the practice by the latter 18th century. Perhaps it was because of the disapproval of the Puritans who considered any sort of bath to be downright dangerous and probably immoral. But there are still stone chambers in Great Barrington, Stockbridge, East Lee, Richmond, and Washington that may have been "hott houses."

— David P. McAllester

TASTES AND FLAVORS

It always irks me to see carved pumpkins rotting on porches after Halloween. That's food out there!

When you're through with your Jack O'Lantern, carefully carve it into chunks and boil them or sit them in a pan of water in a hot oven and cook 'til tender. Then scrape the pulp from the skin, mash it and cook it down in a big pot on top of your stove.

Most Jack O'Lantern-size pumpkins will yield enough pumpkin puree for several dishes and are, therefore, worth the effort. Fresh pumpkin has a sweet, delicate fragrance, unlike other winter squashes, and adds to the cozy ambience of the indoors on a November day, especially when cooking on a woodstove.

Pumpkin, Macaroni and Cheese

1 Tbsp butter
2-3 cloves garlic minced or put through a press
1-inch chunk fresh ginger, minced, or 2 tsp powdered ginger—to taste
2 tsp cumin
3 Tbsp soy sauce
2 cups pumpkin puree
1 cup milk
12 oz macaroni—elbows or ziti (a variety of macaroni)
12 oz sharp cheddar in ½-inch chunks

Saute garlic in butter. Add ginger and cumin, stirring 'til fragrant. Add pumpkin puree and soy sauce. Cook ziti. Remove from heat; drain and put in large mixing bowl. Add seasoned pumpkin and milk to macaroni and mix well. Stir in cheese chunks. Transfer to buttered three-quart casserole. Bake at 375° about 15 to 20 minutes. Make four generous main-dish servings.

— Leslie Scutellaro

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Monterey Food Project

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COMMUNITY GARDEN EVENTUALITIES

Our hero, Bob Thieriot, called up a few weeks ago to offer the services of his heavy-duty rototiller to supplement Jim Olsen's mower and disc in the ongoing battle to cut through what must be several centuries' worth of high weeds and dauntless sod. We accepted with as much grace as desperation will allow, considering the obstacles we're facing and the time of the year. Bob got out there, armed with tiller and front loader, moved about 50 rocks and tilled part-way into the plot only to find himself sinking in mud. Mud? In early September? When anywhere else in town a mere footfall raises blinding clouds of dust? We questioned Ray Tryon, who allowed as how that plot does tend to be a little wet. We all scratched our heads for a while. Wayne Dunlop suggested a community rice paddy. We considered cranberries. Then Ray said he'd dig a drainage ditch above the field and maybe channel off a little water. Susan Sellew said the field would be a lot drier without its moisture-holding layer of heavy sod. Bob said he'd be interested in trying out some of his theories of sod conquest, some of the most effective being mechanical intervention (translate: tilling and more tilling) with precise timing (turn the roots up on a dry day, let them burn to a crisp, turn them under and pulverize them some days later, and repeat). So we're on again with renewed vigor.

BIRTHDAY PARTY FOR MONTEREY FOOD PROJECT

The Food Project will be one year old on October 11 of this year. We are having a party for ourselves on October 17 at 7:30 in the United Church of Christ Social Room. Founding members will be honored guests, and everybody who has worked with us or who might want to work with us is invited. We will tell the story of our first year and show some pictures from the family album. Cathy Roth is making a cake. Everybody come.

WENDELL BERRY TO SPEAK IN NOVEMBER

Wendell Berry, poet and farmer, will speak Friday evening, November 4, at Monument Mountain Regional High School. Tickets will be available at the door or by calling 232-4377. The price is $5.00. Tickets are free to senior citizens and students. The title of Berry's speech is "Nature and Humanity: Two Economies." The speech is sponsored by the Lindisfarne Association and Berkshire Community College. Berry is noted for his authorship of the books *Unsettling America* and *The Gift of Good Land.*

Joe Burkholder lecturing on corn

GARDEN AND FARM TOUR AT GOULD FARM

Joe Burkholder and Les Gile provided a fascinating tour on August 31 of Gould Farm's gardens and barns. We learned about fall crops, how to tell is corn is ripe, which onions store well and which don't, how marigolds protect tomatoes and peppers, and so and on. Everybody got a paper bag to fill with carrots, eggplant, peppers, corn and squash. Les took us through the barn and the milk room, the hay storage place and the chicken yard, and finally the pig sty. We got to pet baby calves and giggle at baby pigs. It was fun, and we appreciate those busy farmers taking time out for us.

Petting calves

A THANK YOU

Dear Friends,

It was a wonderful party! (August 27, 1983) We want to take this way to thank everyone who in any way added to the joy of the celebration—whether by your presence, by your good wishes, by your gifts of flowers, food, time and help, and even those of you who ignored our earnest request and brought "gifts" anyway. (By the way, there were two gifts whose donors I cannot discover. One was three exquisite pink rosebuds; the other was a gold candy dish in a leaf shape. If anyone can identify either sender, I'd love to know who they were.)

We were especially pleased by the presence of our great-grandchild, Jennifer Henry, born June 2, 1983.

We do thank you for being our loving friends. May your 50th—60th—70th—be as happy.

— Mary and Ray Ward

Reverend and Mrs. W. Raymond Ward at their anniversary party.

Photograph by Marie Tassone

PERSONALS

Walter and **Judy Parks** had a baby daughter on September 17 at the Berkshire Medical Center. Her name is Andrea Marie.

Stephen Carmichael and **Dede Cummings** were married on Saturday, September 8, at the Meeting House in New Marlborough by the Rev. Dr. Virgil V. Brallier. The reception was held under a big tent on the lawn of the Umpachene Grange in Hartsville. The couple are living in Cambridge.

Peter and **Evelyn Vallianos** had a daughter, Myra Katherine, at the Birth Center in Pittsfield on September 4.

Daniel and **Roanne Gildesgame** noted on their contribution card that their daughter, Juliana, was born on March 4 in New York City.

Little **Jake Weisman** has attained a ripe age without having had his birth announced in the *Monterey News*. We apologize to Jake and his parents, **Lyn** and **Lennie Weisman**, and we herewith print the vital statistics: Jacob Aaron Weisman, born June 18; Allen Silverstein of Monterey, proud godfather.

LETTERS TO THE EDITOR

Dear Editor:

Sorry, but I am afraid I have a complaint this time—*I* don't really, the Los Gatos post office does! They have asked if I might have a new stencil for my subscription of the *News*, which *they* have to deliver to my letter box on the road. Maybe they have a point, for the stencil *is* very faint and pretty much off in a field of its own.

Could you pass the word along please to the right "department."

Was surprised to note my letter in the August issue! Wish I could have been in town for the Big Day; it must have been lots of fun. Trust it also yielded a good supply of $ and ¢ to various organizations.

Cordially,

Ottalie Williams

(Ed. Note: Our circulation department has been hard at work retyping address plates. Meanwhile, hats off to all keen-sighted postmasters who deciphered faint traces of readers' names all summer.)

COOKBOOK CONTRIBUTIONS

All you great cooks out there—don't be shy. We are still seeking contributions of recipes of foods that kids love to eat and/or love to cook for *The Little Cookbook for Little People*, the cookbook we are planning to sell to raise money for playground equipment.

The Parks Commission has found some money to contribute toward the cost of printing, but we still need to raise about $250.00. Here's our special offer: for each $5.00 contribution we will reserve a copy of *The Little Cookbook for Little People*. The cookbook will be selling for $1.50.

We mothers have been looking through playground equipment catalogues and have found some things that will enhance Greene Park's playground facility and expand its appeal to younger children and their mothers.

A trip to the library, a stop at the General Store, and then on to the playground can be pretty exciting to a pre-schooler, as well as a nice break for a mother.

Contributions of recipes or of money to underwrite printing costs may be sent to Leslie Scutellaro, General Delivery, Monterey 01245.

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A SPECIAL THANK YOU

Praises go to Jane Bowles and Barbara Swan, who generously offered to retype all the address labels for the *Monterey News* free of charge. And not a moment too soon! Our names would have all faded away by this month.

DEADLINE FOR ADS AND ARTICLES

Deadline for all ads and articles to be typeset is the **fifteenth** of each month; for camera ready ads the deadline is the **twenty-fifth** of each month. Mail to: Box 264, Monterey, MA 01245.

If you wish to have your ad typeset, please call Eileen Clawson, 528-4835, for typesetting rates.

AD RATES

One-inch classified ads (1" x 3⅜" or less)	$2.50
Two-inch business cards (2" x 3⅜" or less)	5.00
Three-inch size (3" x 3⅜" or less)	7.50
Five-inch size (quarter-page size: 5" x 3⅜")	12.50
Half page (either horizontally across page or vertically, one column wide from top to bottom	25.00

No full-page ads.

Back cover rates:

2" card	10.00
Quarter page	20.00
Half page	40.00

No classifieds on back cover.

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Art Editor:	Edith Wilson
Circulation Manager:	Debbie Reed
Youth Editor:	Katy Bradley
Typesetter:	Eileen Clawson
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